

Erie County Stay Fit Dining Program

AFRICAN-AMERICAN MENU

MARCH 2016

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|--|
| 29 Turkey Vegetable Casserole Whipped Chive Potatoes Buttermilk Biscuit Fruit Delight Bar 811 | 1 Homemade Goulash w/Shredded Cheese Broccoli Chef Salad w/Dressing Fresh Italian Bread Fresh Fruit 738 | 2 Ham Steak w/Mustard Sauce Mashed Sweet Potatoes Cauliflower Fresh Wheat Bread Strawberry Bavarian 644 | 3 Breaded Chicken Cutlet w/Cacciatore Sauce Carrot Coins Green Beans Wheat Roll Tropical Fruit 799 | 4 <u>Entrée Salad</u> Tuna Pasta Salad Fresh Mixed Greens w/Tomatoes & Carrots Grape Juice Unsalted Crackers Diced Pears 705 |
| 7 Knockwurst w/Sauerkraut Hot Dog Bun Whipped Potatoes Mixed Vegetables Diced Peaches 689 | 8 Boneless Chicken Breast w/Gravy Lima Bean Bake Carrot Coins Multigrain Bread Fruited Gelatin 575 | 9 Sliced Turkey w/Pan Gravy & Stuffing Whole Sweet Potatoes Apples & Cranberries Sugar Cookies 950 | 10 Homemade Stuffed Pepper w/Savory Sauce Whipped Potatoes Green Beans w/Mushrooms Dinner Roll Fresh Fruit 805 | 11 Chili Con Carne Mixed Greens Grape Juice Fresh Cornbread Orange-Pineapple Velvet 841 |
| 14 Breaded Chicken Cutlet w/Gravy Wheat Soft Roll Whipped Potatoes Green Bean Casserole Cookies 898 | 15 Salisbury Steak w/Gravy Seasoned Spinach Spanish Rice Wheat Bread Apple Crisp 723 | 16 <u>ENTRÉE SALAD</u> Grilled Chicken Fresh Lettuce Blend Cherry Tomatoes & Carrots Creamy Italian Dressing Wheat Roll Fresh Fruit 659 | 17 <u>ST. PAT'S LUNCH!</u> Sliced Corned Beef w/Mustard Fresh Rye Bread Creamy Potato Soup Sautéed Cabbage & Carrots Leprechaun Donut 834 | 18 Breaded Fish w/Cheese & Tartar Sauce Home Fries w/Red Pepper Seasoned Collard Greens Fresh Cornbread Fruited Gelatin 738 |
| 21 Swedish Meatballs over White Rice Brussels Sprouts Carrot Coins Fig Bar 781 | 22 Oven Roasted Chicken Thigh Mashed Sweet Potatoes Mixed Vegetables Wheat Soft Roll Pineapple Tidbits 777 | 23 <u>EASTER LUNCH!</u> <u>BONE-IN</u> Breaded Pork Chop w/Gravy Duchess Potatoes Tender Peas Wheat Dinner Roll Coconut Cream Pie 1333 | 24 Ricotta-Stuffed Shells w/Meat Sauce & Mozzarella Cauliflower Seasoned Spinach Italian Bread Peach Bavarian 951 | 25 <u>GOOD FRIDAY HOLIDAY!</u> NO MEALS SERVED |
| 28 <u>DYNGUS DAY LUNCH!</u> Traditional <u>CABBAGE ROLL</u> w/ Meat Sauce Whipped Potatoes Green Beans Breakaway Roll S'More Pudding 815 | 29 Vegetable Lasagna Roll w/Cheese Sauce Sweet Corn Italian Bread Tropical Fruit 785 | 30 Chili Con Carne Cauliflower Chef Salad w/Dressing Fresh Cornbread Fruit Delight Bar 824 | 31 Boneless Chicken Breast w/Gravy Mashed Squash Tender Peas Wheat Dinner Roll Fruited Gelatin 618 | 1 Ham Steak w/Polynesian Sauce Sweet Potato Casserole Seasoned Mixed Greens Fresh Cornbread Frosted Banana Cake 572 |